



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY GARRISON VICENZA  
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IMEU-VIC-PL

30 JUN 2009

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: U.S. Army Garrison Vicenza Policy Memorandum 08-43 (Version 3), Running, Bicycling, In-Line Skating, and Skateboarding Safety

1. References:

a. Army in Europe Pamphlet 385-15-5, Leaders Guide to Accident Prevention in Physical Training Running Formations, 10 November 2004.

b. Department of Defense Instruction (DODI) 6055.4, Department of Defense Traffic Safety Program, 20 July 1999.

2. The purpose of this memorandum is to provide requirements for running, operating bicycles, in-line skating, skateboarding on and off post. This policy applies to all assigned and tenant U.S. Military personnel, DOD Civilians, Family Members, and contractors within the United States Army Garrison (USAG) Vicenza area of operations.

3. Running/marching.

a. Individuals who run/march off post will comply with the following:

1) Runners/marchers will stay on main outer secondary roadways and not use city center routes and the historical "old city center" which includes (Enclosure 1):

- a) Centro Storico
- b) Piazza dei Signori or any other Piazza in the Centro Storico
- c) Corso Palladio

2) There is no running or marching authorized on the stairs leading up to Monte Berico and no exercising allowed on the church grounds.

3) The museum/park at Villa Guiccoli, including use of the external ("Jurassic Park") access trail is off-limits to all US military activity.

4) Use sidewalks or road shoulders. When sidewalks or road shoulders are not available, runners will run facing traffic.

5) Cross roads only at pedestrian crosswalks. When crosswalks are not available, runners will cross the road at a right angle when traffic is clear in both directions.

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6) Wear reflective belts or garments at all times when conducting physical training (PT). Since the PT uniform does not provide appropriate reflective illumination at sufficient distances to ensure safety and prevent accidents, reflective belts will be worn over the new Improved Physical Fitness Uniform.

7) There will be no wearing of protective mask or any other MOPP equipment off the installation.

8) Do not exit Gate #1. Running/marching on Via Aldo Moro is prohibited by Italian Law (this includes the traffic circle at the North end of Via Aldo Moro).

9) Use the buddy concept (maximum of 10 soldiers) when running/marching off post.

10) Runners/marchers must have identification cards to re-enter the installation.

b. Formation runs/marches will adhere to the following requirements:

1) Leaders will ensure physical training is conducted safely and will be supervised by a commissioned, warrant, or noncommissioned officer.

2) Cadence calling, loud noise, "cat calling" or disruption of local activity is prohibited. Quiet hours are 2300-0800 by Italian law for both on and off post (residential areas just outside the installation fence).

3) Formation runs will be conducted on post (unless prior coordination is made with the Provost Marshal, Carabinieri and local municipal officials for one time events).

4) Formations will be limited to three columns plus one additional column for a cadence caller or member of the chain of command.

5) Formations will only occupy one half of the roadway and will not impede the flow of oncoming traffic.

6) Lead and trail road guards will maintain 10 to 20 meter intervals from the main body.

7) Unit military personnel will wear reflective belts at all times when running. Cadence callers, chain of command personnel, and road guard elements will wear reflective belts and carry flashlights with illumination cones during periods of limited visibility.

8) Commanders will take appropriate actions to ensure control and safety of stragglers.



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9) Running in formations is prohibited on post Mondays thru Fridays during peak traffic periods: (0730 - 0830, 1130 - 1300, or 1645 - 1730).

c. [Army in Europe Pamphlet 385-15-5](#) (Leaders Guide to Accident Prevention in Physical Training Running Formations) provides additional guidelines for planning physical training running formation events.

#### 4. Bicycles.

a. In accordance with Department of [Defense Instruction \(DODI\) 6055.4](#) (DoD Traffic Safety Program), active duty military, DoD Civilians, U.S. contract employees, and Family Members must wear an approved bicycle helmet when riding on U.S. military installations.

b. An approved bicycle helmet is one that has been designed for bicycling and is approved by the American National Standards Institute, the Snell Memorial Foundation Standards for Bicycle Helmets or the Host-Nation authorities. The military Kevlar helmet and/or construction hard hat is not approved for use as a bicycle helmet.

c. Bicycle riders must wear helmets that fit properly and must have the chinstraps fastened. Instructions are provided with helmets on how to determine a correct fit. Children/infants riding on the same bicycle with an adult must also wear a helmet and use chinstraps.

d. High visibility/reflective clothing (PT Belt, Vest) will be worn at night, during periods of limited visibility. The same type of clothing is recommended during daylight to assist in recognitions from other vehicle traffic.

e. The riding of bicycles on any sidewalk is prohibited. This provision does not apply to small children learning to ride bicycles with the use of training wheels.

f. Bicycles must be equipped with working head and tail lights, reflective markings and a bell.

g. Loose fitting clothes that may be caught in moving bicycle parts should not be worn. Slip-on shoes such as slippers or shower shoes will not be worn when riding bicycles.

#### 5. In-Line Skating (Rollerblading) and Skateboarding On and Off Post.

The use of protective gear is mandatory. Head injuries are the number one cause of disabling injuries for skaters. Helmets with chin straps fastened, knee pads, wrist guards and elbow guards will be worn by all individuals using the skate park. Protective headgear must be approved by

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the Snell Memorial Foundation, American National Standard Institute or the Host Nation authorities.

6. Use of Headphones and Earphones. In accordance with DODI 6055.4, wearing portable headphones, earphones, or other listening devices while operating a motor vehicle and while jogging or running on roads and streets on DOD installations is prohibited. These devices impair driving and mask or prevent recognition of emergency signals, alarms, announcements, approaching vehicles, and human speech.

7. The memorandum supersedes U.S. Army Garrison Vicenza Policy Memorandum 08-43 (Version 2), Running, Bicycling, In-Line Skating, and Skateboarding Safety dated 08 Jun 09.

8. POC for this memorandum is USAG Vicenza DPTMS at DSN 634-8288.

Encl

  
ERIK O. DAIGA  
COL, MI  
Commanding

DISTRIBUTION:

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ENCLOSURE 1 to Policy Letter 08-43 (Version 3): Off-Limits Areas (The museum/park at Villa Guiccoli)

